

CREATING SANCTUARY for YourSELF 5-STEP SAFETY PLAN

List 5 things you can do when feeling unsafe to maintain your own safety.

1. The list should always include fail safe items such as calling 911 or Crisis or your therapist. These should be at the end of the list.
2. Include things that can be done without much thought.
3. Carry (and laminate) this list in your wallet, post it on your refrigerator or mirror.
4. Show your list to your contact person, therapist, significant other and doctor.
5. Start practicing it now so it becomes something easy for you to do.

YOUR 5-STEP SAFETY PLAN

1.

2.

3.

4.

5.